Kimochis®

building a school-to-home connection

HOMELINKS WEEK 7

Key 2

This week, your child learned the second Kimochis® Key to Communication: **Use a Talking Voice**. This key helps children stay aware of how they use the tone and volume of their voice. Sometimes when we have upset feelings, it is easy to yell or use a tone of voice that makes the situation worse instead of better. The lesson this week taught your child how to use a Talking Voice rather than a defensive, aggressive, or Fighting Voice (see definitions on back). When we feel upset and are able to use a Talking Voice, we raise the odds that others will want to understand our feelings and resolve conflicts. Your child also learned how to pay attention to the tone of voice of others as a way to understand the emotion behind the words.

See reverse for ways your entire family can learn from this week's lesson!

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Common Language

Talking Voice: A calm tone of voice, slightly slowed down with appropriate volume that conveys respect and problem-solving

Fighting Voice: A loud, hurtful tone of voice that conveys aggressiveness

Coach Key 2 During Daily Activities

- Before play, remind your child to use a Talking Voice. *"When Jane comes to play, remember to use a Talking Voice when you choose toys."*
- Guide children to use a Talking Voice. When you hear a Fighting Voice, name it by saying, *"Oops, use a Talking Voice. Thanks."* Tell your child how you keep a Talking Voice when you feel upset. *"Right now, I had to remind myself to use my Talking Voice because I am frustrated."*
- When you hear a child using a Talking Voice, acknowledge the effort by saying, *"I can see that you are feeling mad. I admire how you are using your Talking Voice!"*
- Admire people who use a Talking Voice regularly. *"I appreciate the way Daddy is patient with me by using a Talking Voice when I make mistakes."*

Family Fun: Playful Ways to Practice

- **PLEASE PASS THE TALKING VOICE.** Be playful at dinner to help your child tune in to the difference between a Talking Voice and a Fighting Voice. When a family member requests something at the table, they can use a Talking or a Fighting Voice. If a Fighting Voice is used, every one can scrunch up their face and say, *"Fighting Voice."*
- **I HEAR A FIGHTING VOICE.** From time to time, challenge your family to hear and notice Fighting Voices in the world. When you hear a Fighting Voice, make eye contact with each other and whisper, *"Fighting Voice."* Later, discuss what this person might have been feeling to use their Fighting Voice in public. Discuss what happens when we forget our Talking Voice.
- **QUIET AS A MOUSE MEAL.** Decide to make a family meal the "Quiet as a Mouse Meal." Everyone has to whisper the entire time. Whispering gives your child the experience of changing and controlling his/her voice, which is necessary when trying to use a Talking Voice when feeling upset. You can change the game (and its name!) for different meals—use cranky voices at a "Cranky as a Crab Meal" or whining voices at a "Squeaky as a Wheel Meal." This may sound silly, but it will give your child practice changing and controlling the tone and volume of his/her voice.

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